



Paradise Barley Fruit Salad

Salad

3 cups cooked pearl barley or whole grain barley, cooking directions below
3/4 cup sliced strawberries
3/4 cup raspberries
3/4 cup blueberries
1/2 cup sliced kiwifruit
1/3 cup crumbled bleu cheese
1/3 cup toasted chopped pecans

Raspberry Orange Dressing

3 tablespoons olive oil
3 tablespoons raspberry vinegar
1 tablespoon orange marmalade
1 clove garlic, finely chopped
1/2 teaspoon dry mustard
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Combine all salad ingredients in a large salad bowl; cover and chill thoroughly. In the meantime, combine all dressing ingredients in small jar; shake well to mix. Just before serving, gently toss chilled salad with dressing. Makes 4 servings.

Per serving: calories 425, protein 7g, carbohydrates 56g, fat 21g, fiber 9g, cholesterol 9mg, sodium 534mg.

To cook barley

In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. If using whole grain barley, increase cooking time to 50-55 minutes and pour off any unabsorbed liquid after cooking. Place any extra cooked barley in an airtight container and refrigerate or freeze for up to a week. Add to soups, stews, casseroles and salads for extra flavor and fiber. For best results, bring frozen or refrigerated cooked barley to room temperature before using.

For more recipe ideas, visit www.barleyfoods.org.

